

**SENIOR NEWSLETTER APRIL 2015**  
**MUNICIPAL AGENT FOR THE AGING/SENIOR SOCIAL SERVICES**  
**EASTON SENIOR CENTER ALISON WITHERBEE 203-268-1137**  
**MONDAY – FRIDAY Hours: 9 AM to 2 PM**  
**OUTREACH PAM HEALY 203 261-0289**

Dear Friends,

Dare I say it? Winter 2015 is behind us, and if you look around you can see signs of spring woo hoo!!!! I cannot wait to enjoy these longer days and hope to see many of you back at the ESC not that the snow has melted. I, along with Synergy Home Care, am hosting a presentation on *Healthy Habits for a Healthier You* on April 20<sup>th</sup> and I want you all to come hear this wonderful speaker. Alzheimers is not an easy topic to discuss, but an important one, and the more you know the more tools you will have!!! I have received some calls about upcoming facility tours and if there are some of you interested in touring a particular assisted living facility please let me know and I can arrange a tour and lunch for a group! Happy Spring, Happy Easter and Happy Earth Day!

**PRESENTATION ON MONDAY APRIL 20<sup>TH</sup> AT 10:30 AM**

***Healthy Habits for a Healthier You***

Join me to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use these hands-on tools to help you incorporate these recommendations in a plan for healthy aging. Maria Tomasetti, who is the South Central Regional director of the Alzheimer's Association, CT Chapter will be the speaker. Sponsored by Synergy Home Care.

*Healthy snacks and refreshments will be served.*

**STATE TAX RELIEF PROGRAM**

Qualifications for income for the **Elderly and Totally Disabled Tax Relief Program** applications are **Single \$34,600** and **Married \$42,200**. These levels are to be used for the 2014 Grand List Homeowner and Renter applications, 2015 Grand List Additional Veteran's applications and may also be used for any local option programs. You must provide your 2014 income along with Social Security Statement (1099) for 2014. Call the Assessor's Office for Applications and questions you might have at 203-268-6291.

**Bereavement Support Group**

If you have lost a loved one and want to check out our informal group please join us. We share ideas, feelings and offer support to one another! Meetings will be held on the **last Wednesday of each month at noon** (so April's meeting will be on Wednesday 4/29)

*Please, call Pam Healy to arrange a visit.* She is a caring listener, and has valuable information about the social services programs and resources available to you. As your Easton Outreach Visitor, Pam is available to you with just a phone call 203-261-0289.

**The Commission for the Aging meets Monday, April 6<sup>th</sup>, at 5pm at the ESC**